

Making Exercise a Family Event!

Part of having a healthy lifestyle is exercising regularly. Adults and children both should be getting at least 30 minutes of exercise every day. A great way to teach children to exercise is by making it a family event. We all know that children learn by example and if they see that you are exercising they will want to join in too!

Tips on getting the whole family involved:

- ✓ Plan an activity together every day, such as a walk or bike ride after dinner or a weekly trip to the park.
- ✓ Encourage children to play outside instead of watching television or playing video games.
- ✓ Limit the amount of time spent watching television or playing video games.
- ✓ Do things like gardening, washing the car or walking the dog together as a family.
- ✓ Emphasize the positive aspects of regular physical activity, like improved health and self esteem.
- ✓ Choose activities based on fun, not skill to avoid making a child feel left out.

